



STAFF REPORT

Report To: Board of Health

Meeting Date: March 3, 2022

Staff Contact: Nicki Aaker, Health and Human Services Director

Agenda Title: For Possible Action: Discussion and possible action regarding the proposed acceptance of a report of the Carson City Health Officer. (Nicki Aaker; NAAaker@carson.org)

Staff Summary: This item is to provide an update on: (1) the Health Officer's activities; (2) clinical oversight and policy input; (3) training and education; and (4) general information for the Carson City Board of Health. Direction is requested from the Board of Health regarding the Health Officer's report concerning activities the Health Officer is engaged in both internally and externally for the Carson City Department of Health and Human Services.

Agenda Action: Formal Action / Motion

Time Requested: 15 minutes

Proposed Motion

I move to accept the report as presented.

Board's Strategic Goal

Quality of Life

Previous Action

N/A

Background/Issues & Analysis

A Health Officer's report is presented at each Board of Health meeting.

Applicable Statute, Code, Policy, Rule or Regulation

N/A

Financial Information

Is there a fiscal impact? No

If yes, account name/number:

Is it currently budgeted?

Explanation of Fiscal Impact:

Alternatives

N/A

Attachments:

3.2.22_CC_Hlth_Officer_Report_-_Final.docx

1. Masks Work.jpeg

1. Which Mask.png

Covid 2_14.png

10-Reasons-to-Start-by-Believing.pdf

SBB-What-to-Say.pdf

Denim Day.docx

Get the Most Out of Your Doctor.docx

Board Action Taken:

Motion: _____

1) _____

2) _____

Aye/Nay

(Vote Recorded By)



Carson City Health Officer Report

13Feb2022

Carson City Board of Health (BOH) Meeting 03Mar2022

Health Officer Activities (since 18Nov2021)

- Compiled “7 Ways Businesses Can Align with Public Health” in 2 presentation slides and a 2-page handout for a presentation by Mayor Bagwell to the Carson City Chamber of Commerce (rescheduled to 10Mar2022)
- Attended CCHHS Division Managers’ meetings: 11/29, 12/20 & 2/7
- Quad-County Coalition meeting 12/15
- Review all Quad-County emails and attachments
- Behavioral Health Task Force (BHTF) meeting: 12/15 & 1/19. Need for residential housing and treatment for the chronically mentally disabled
- Nevada Health Officers’ meeting: 12/13 & 1/10
- Met with CCHHS Director: 12/6, 12/31, 1/10 & 1/31
- Attended CCHHS All Staff meeting 12/15: Recognizing Division Successes & Identifying Challenges going forward
- Attended School Nurse Outbreak meeting: 1/7
- Met with Public Health Preparedness (PHP) team to review and provide feedback regarding PHP’s 2022 task and policy plans: 1/10
- Agenda setting and Chair Sexual Assault Response Team (SART) 1/20: Members will participate in “Start By Believing” on 4/6 and Denim Day 4/27 for Sexual Assault Awareness and Prevention Month in April.

See info attached: “10 Reasons to Start by Believing” and “What to Say”

- Articles written for the Nevada Appeal:
 - . *What is Cholesterol?*
 - . *How to Get the Most From Your Doctor (attached)*
 - . *Enjoy a Safe & Healthy Holiday Season (published 21Dec)*
 - . *Women and Heart Disease*

Clinical Oversight and Policy Input

- Review of addendum to Covid vaccine policy relative to children
- Review of RN shelter policies with numerous updates to include:
 - Addition of APN’s and Paramedics
 - Adjustments to Insulin & Narcan standing orders with addition of 2-page *Insulin Basics* to distinguish among the numerous types of insulin clients might have



CARSON CITY, NEVADA

CONSOLIDATED MUNICIPALITY AND STATE CAPITAL

- Inventory and division of Shelter Medical Supply Kits into two complete kits: 1/21 (response to need to set up two sites for Caldor evacuees from one large supply). Deleted expired and duplicate OTC's. Recommended additional items and OTC's (ie two weight scales to monitor clients with diarrhea &/or vomiting for possible dehydration).

Training and Education

- N95 mask FIT testing 12/7
- CDC Clinician Outreach and Communication Activity (COCA) on Covid Therapeutics: 1/12
- CDC COCA on Multisystem Inflammatory Syndrome in Children (MIS-C): 2/10. MIS-C occurs in 1 in 3200 children infected with Covid and 1 in a million children after Covid vaccination, of which 70% demonstrate evidence of prior or current Covid infection. Average age of patients is 9 years old.
- Attended Nevada Academy of Family Physicians Winter CME conference: 1/22 - 1/27. Subjects included need for U.S. medical system change, importance of Primary Care in any healthcare system and STI/HIV infections & care in Nevada. Nevada ranks 1st in the nation for the number of primary and secondary cases of Syphilis and 4th for congenital syphilis. Congenital syphilis occurs when a pregnant woman with untreated or inadequately treated syphilis passes the infection to her baby resulting in severe complications for the fetus or newborn infant to include stillbirth, meningitis, deformed bones, brain and nerve problems.
- Average of 4 hours per month in review of CDC Covid Weekly Tracker and Health Alert Network (HAN), Trust for America's Health, Public Health Communication Collaborative, Nevada Department of Public & Behavioral Health (DPBH) emails and bulletins.

General Information for the Carson City Board of Health

See attached documents:

- *Masks Work and What Mask Should I Wear?*
- *Covid Community Spread in the US & Territories*
- *7 Ways Businesses Can Align with Public Health for Bold Action and Innovation* ([Link](#))
- *10 Reasons to Start by Believing and What to Say?*
- *Denim Day*
- *How to Get the Most From Your Doctor*

People who reported always wearing a mask in indoor public settings were less likely to test positive for COVID-19 than people who didn't*

WEARING A MASK LOWERED THE ODDS OF TESTING POSITIVE

Among 534 participants reporting mask type[†]



bit.ly/MMWR7106

* Matched case-control study, 1,828 people, Feb 10-Dec 1, 2021
[†] Compared people with similar characteristics (e.g., vaccination)
[‡] Not statistically significant

MMWR

What Mask Should I Wear?

Along with getting vaccinated and boosted, experts recommend upgrading your mask if you want optimal protection.

No Protection



Some Protection



Most Protection



No Mask or Improper Use

- Mask should fit over your nose and mouth and be snug against your face with no gaps
- Don't use masks that are damp, dirty or damaged
- Don't wear masks with exhalation valves, which allow virus particles to escape

Cloth Masks

- Washable and reusable. Masks should be washed at least once a day or as soon as they become dirty
- Multiple layers of woven, breathable fabric

Surgical Masks

- Disposable, intended for one time use
- Multiple layers of non-woven material
- Provides protection against large droplets

High Filtration Masks

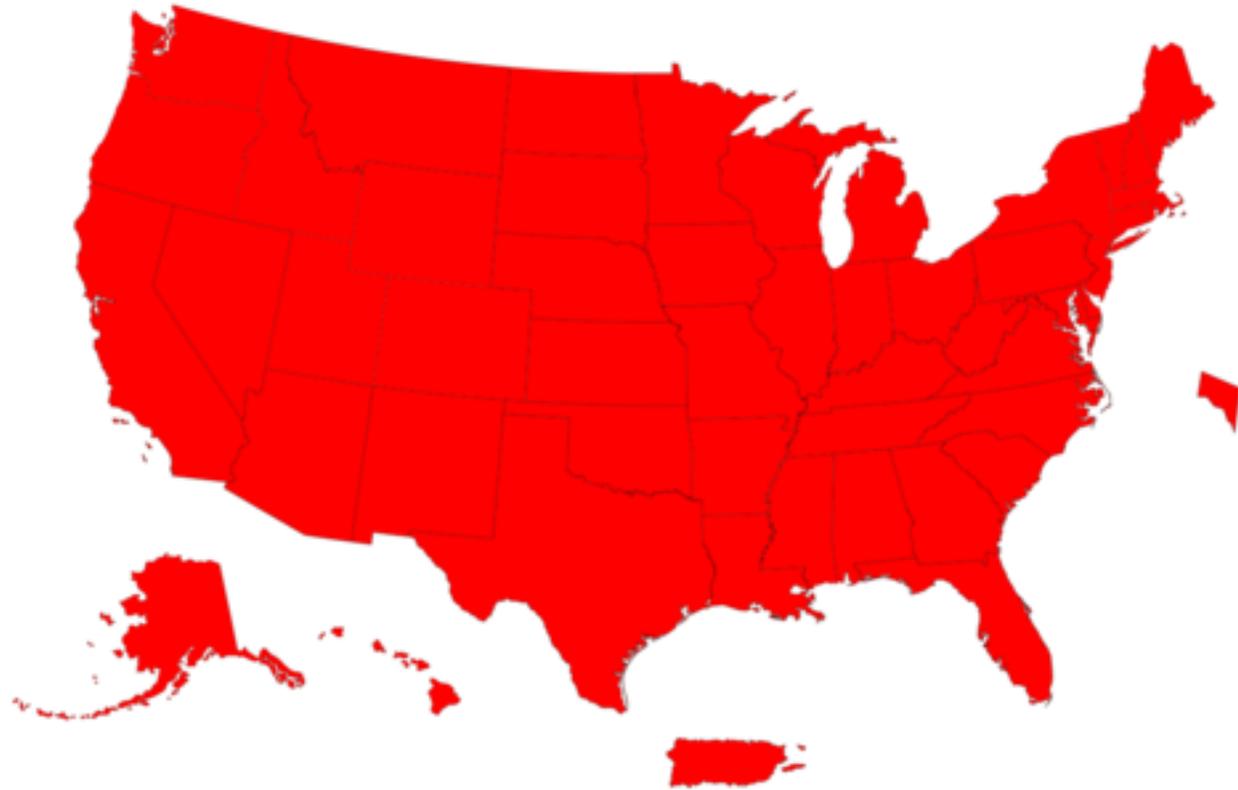
(Respirators - N95, KN95, KF94)

- Varies by mask type, but reusable up to 5 times with proper care
- Filters up to 95% of particles in the air
- Seals tightly to the face when fitted properly (some facial hair can interfere with this seal)
- Designed and regulated to meet international standards. Check lists of trusted manufacturers from CDC and Project N95 to avoid counterfeit masks



If you don't have access to a high filtration respirator mask, double up. Single layer masks, such as bandanas and gaiters, are less effective, so wear a cloth mask with multiple layers or wear a cloth mask over a surgical mask. Be sure your mask fits properly—nose wires improve fit.

Level of Community Transmission of COVID-19, by State/Territory



Territories



Level of Community Transmission



Level of Community Transmission	Number of States/Territories/Jurisdictions at this Level	Percent of States/Territories/Jurisdictions at this Level	Percentage Point Difference Since 7 Days Ago
High	56	98.25%	0%
Substantial	0	0%	0%
Moderate	0	0%	0%
Low	1	1.75%	0%

Indicator - If the two indicators suggest different transmission levels, the higher level is selected	Low Transmission Blue	Moderate Transmission Yellow	Substantial Transmission Orange	High Transmission Red
Total new cases per 100,000 persons in the past 7 days	0-9.99	10-49.99	50-99.99	≥100
Percentage of NAATs ¹ that are positive during the past 7 days	0-4.99%	5-7.99%	8-9.99%	≥10.0%

10 Reasons to Start by Believing



I told my mom that I was sexually assaulted by someone we knew, and she immediately started defending him and questioning me. Never once did she support me or ask me if I was okay.

- Amy

2

Most victims of sexual assault never report to law enforcement, often because of the responses they receive from friends and family members.

When my two siblings told me they had been sexually molested by my father, I took my father's side. All these years later, I realize that I had been in the best position to get them help if I had just started by believing.

- Tori

1

3

A negative response can worsen the trauma and foster an environment where perpetrators face no consequences for their crimes.

My mother first revealed the sexual abuse she endured as a 5-year old when she was 95. For 90 years of her life, she thought no one would believe her.

- Pat

4

5

6

Statistics show that rapists don't just attack once – many re-offend, often multiple times.

My daughter Jenny was raped by a serial predator. It should never have happened. Several years earlier the perpetrator was caught assaulting a woman, and he was acquitted because "the jury didn't like the victim." Thousands of lives were impacted by one jury's presumption that a victim was lying. We can change. We can help victims recover and put away predators if we simply start by believing victims who have the courage to come forward.

- Steve

7

8

Start by Believing stops this cycle by improving how we respond to survivors.

From the patrolman who arrived at my door, the officers who searched for my cat, to the detective who worked my case for over two years, I felt believed and supported.

- Tony

9

Every response matters. Your response matters. Stop the cycle of silence and Start by Believing.

10

What to Say



START BY BELIEVING



"I believe you."

"I'm sorry this happened."

"I am here for you."

BE SUPPORTIVE



"You can tell me as much, or as little as you want."

"It's not your fault."

"I'm glad you told me. I'm so proud of you."

ASK HOW YOU CAN HELP



"What can I do to support you?"

"I can stay with you tonight. Would that help?"

"Do you want me to go with you to the hospital or police station?"

AVOID WHY QUESTIONS

Even with the best of intentions, "why" questions can sound accusatory and make survivors blame themselves.

Denim Day 2022 is April 27th!

There is no excuse and never an invitation to rape

For the past 22 years, Peace Over Violence has run an inspiring and powerful opportunity to practice solidarity and support survivors by renewing our commitment to exposing harmful behaviors and attitudes surrounding sexual violence. Denim Day is a campaign on a Wednesday in April in honor of Sexual Assault Awareness Month. The campaign began after a ruling by the Italian Supreme Court where a rape conviction was overturned because the justices felt that since the victim was wearing tight jeans she must have helped the person who raped her remove her jeans, thereby implying consent. The following day, the women in the Italian Parliament came to work wearing jeans in solidarity with the victim. Peace Over Violence developed the Denim Day campaign in response to this case and the activism surrounding it. Since then, what started as a local campaign to bring awareness to victim blaming and destructive myths that surround sexual violence has grown into a movement. As the longest running sexual violence prevention and education campaign in history, Denim Day asks community members, elected officials, businesses and students to make a social statement with their fashion statement by wearing jeans on this day as a visible means of protest against the misconceptions that surround sexual violence.

Italy, 1990s

The Denim Day story begins in Italy in 1992, when an 18-year old girl was raped by the 45-year old driving instructor who was taking her to her very first driving lesson. He took her to an isolated road, pulled her out of the car, removed her jeans and forcefully raped her.

She reports the rape and the perpetrator is arrested and prosecuted. He is then convicted of rape and sentenced to jail. Years later, he appealed the conviction claiming that they had consensual sex. The Italian Supreme Court overturned the conviction and the perpetrator was released. A statement from the Court argued that because the victim was wearing very tight jeans, she had to help him remove them, and by removing the jeans it was not rape but consensual sex. This became known throughout Italy as the “jeans alibi.”

Enraged by the verdict, the women in the Italian Parliament launched a protest wearing jeans on the steps of the Supreme Court. This protest was picked up by international media which inspired the California Senate and Assembly to do the same on the steps of the Capitol in Sacramento. Patti Occhiuzzo Giggans, Executive Director of Peace Over Violence, saw this in the media and thought everyone should be wearing jeans to protest all of the myths about why women and girls are raped. Denim Day in LA was born. The first Denim Day in LA event was held in April of 1999, and has continued annually since.

How to Get the Most Out of Your Doctor

Take an active role in your health care and you will get better care. One way to do this is to make sure you get the most out of your doctor visits by preparing ahead of time and creating an agenda for your visit with your doctor. When you prepare for your appointment ahead of time, both you and your doctor will find the visit more helpful. Here are some tips you can follow for what to do before, during, and after your visit with your doctor. These tips can help you and your doctor work together to improve your health.

Talk to your doctor

Even though it's hard, talk about the issues that are embarrassing or scary at the beginning of your visit. This will give your doctor plenty of time to address them with you. Your doctor has heard everything before and is here to help you.

Make sure our doctor's office has received all labs, tests, and records from any specialists you have seen since your last visit. Provide your doctor with a list of any changes to your medical history since your last visit. This includes recent emergency department visits or hospital stays, surgeries, new diagnoses, new medicines, etc. Don't assume because it is in a medical computer somewhere, that your doctor is aware of it or has easy access to it.

Be prepared

Usually, you will only have about 15 minutes of time with your doctor. To make sure you and your doctor get the most out of your time, be sure to think about your visit ahead of time. Think about your concerns and questions. Write these things down before your visit. Make a list and bring it to your visit (one copy for your notes and one for your doctor to review, some of your concerns may be linked). With a list, you won't have to worry about remembering everything you need to tell your doctor. Here are a few things you might consider before your visit:

1. Think about concerns and questions you have. Write these down. Start first with what is most important to you and end with the least important. Bring the list to your visit. Be ready to work with your doctor to reorder your list, if needed.
2. If you are a new patient, bring as much information as possible with you to help your new doctor learn your health history. If you are not a new patient, you only need to bring information with you that is new or has changed since your last visit with your doctor.
3. Consider creating a "health journal" for yourself on paper in a binder. Your health journal can include things like health problems you have or have had, test and imaging (x-ray) results, hospital and emergency room discharge instructions. Bring the journal or health history to your appointments. Bring any logs of blood pressure, blood sugars, daily weights, anything your doctor has asked you to follow and record.
4. Make a list of all the medicines you take. Include information about when and how often you take the medicine. Write down the strength of the medicine (for example: metformin 500mg 3x/day or 1am & 2pm). The list should also include any over-the-counter meds, birth control, vitamins or supplements you take; even

things you take only as needed (like headache meds). Also include any allergies you may have. It is very important that you have a current medication list in your wallet at all times (use a folded index card). You never know what might happen or when. Your medication list is a very quick way for any medical provider to assess your medical history, current problems and avoid complications.

5. If you have an especially complicated issue(s), ask a family member or close friend if they can come with you to your appointment to listen, take notes, ask questions and clarify answers.
6. If you will need an interpreter, call your doctor's office to let them know ahead of time.

Be sure to take your lists with you to your visit. The [Patient Pre-Visit Checklist](#) can help you with preparing for your visit with your doctor.

What Your Doctor Needs to Know

It's important to share any information you can, even if you're embarrassed. Give your doctor the following information during the exam:

- Your symptoms. When they started, how bad or frequent they are. What seems to cause them or make them better.
- Personal information. For example, tell your doctor if you are stressed, have changed jobs, moved or other challenges you may be facing.
- Any side effects you have from your medicine(s). Be sure to tell your doctor if your medicine makes you feel sick or if you think you may be allergic to it. Also let them know if you are having trouble paying for or taking your medicine as advised. Your doctor may be able to help find different medicines for you to take or explain why the ones you are taking are the right choice.

Ask questions

Don't be afraid to speak up during your appointment. It's important for you to let your doctor know if you don't understand something. If you don't ask questions, your doctor will think you understand everything. If you can't understand what your doctor is explaining, ask him or her to explain it in better detail, possibly using pictures or brochures. Or tell your doctor what you think they have told you to insure you understood them correctly.

If you run out of time, make a plan to get the rest of your questions answered. Tell your doctor when you need more time to talk about something. If the doctor isn't available to help, you should be able to talk to an assistant or a nurse. If no one else is available, see if you can schedule another appointment to ask the rest of your questions.

Take information home with you

Taking written or recorded information home with you can be helpful. It can help you remember information and instructions any time you need to. Your doctor is a good

source of accurate information you can trust. The following are types of information you can take home with you:

- Notes you have taken during the appointment. It's ok for you to write down the information your doctor gives you. Sometimes it helps to bring a friend or family member with you. They can help write down the answers to your questions and other information shared by the doctor or nurse. You can also ask your doctor to provide notes for you.
- Written instructions from your doctor.
- A tape recording. Ask your doctor if it's okay for you to record the appointment to help you correctly remember everything.
- Brochures or other educational materials. If there aren't any available, ask where or how you can get additional information (for example familydoctor.org).

Things to consider

Make sure to follow any instructions you and your doctor discussed during the visit. This could include taking medicine, preparing for a test, or scheduling an appointment with a specialist. If you're confused or if you've forgotten some information, it's okay to contact your doctor. The following are some common reasons you may need to call your doctor after your appointment:

- If you have any additional questions after the appointment. Ask to leave a message with the doctor or speak with a nurse.
- If you start to feel worse or have problems with your medicine.
- If you had tests and haven't got the results.

GOOD Health is in Your Hands

See your doctor regularly to follow-up on chronic medical problems and general wellness checks for preventative health care. Carry an up-to-date medication list with you at all times, which includes any allergies you may have. Be prepared for your doctor visits and ask questions to get the most from your doctor. You will become health smart and have the greatest opportunity to have your best health.

The above information was derived in large part from the familydoctor.org webpage titled: How to get the most from your doctor visit, and edited by Colleen Lyons, MD, Board-Certified Family Physician and Carson City Health Officer.